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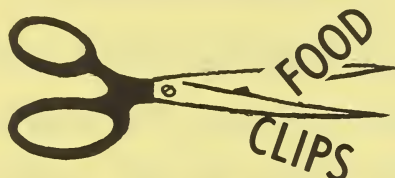




# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION WASHINGTON, D. C.

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Country-cured hams should be scrubbed, soaked overnight in water, and then simmered (15 to 20 minutes per pound) to remove excess salt before they are roasted or braised, according to the U.S. Department of Agriculture.

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Marinades—once used primarily for tenderizing purposes—are used to introduce flavor into a meat dish. Large cuts of meat should be marinated overnight to 24 hours in the refrigerator.

\* \* \*

According to the USDA, ice cream is the item most often stocked in home freezers. It is still the number one item among commercially frozen foods.

\* \* \*

If you're comparing pies—pumpkin has approximately 275 calories—cherry pie has 355. Of course, if you'd like two medium graham crackers they're only 55 calories (total).

\* \* \*

Anjou, Bosc, Nelis, and Comice are what kind of fruit? Would you believe pears? You may know the Bosc variety—russeted on the skin surface and best when their skin color is greenish yellow to brown.

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## NO LEAD CONTAMINATION

If the air used in spray drying milk is contaminated with excessive levels of lead, the lead can be simply filtered out before the air enters the drier, causing no contamination of the milk powder according to U.S. Department of Agriculture chemists. Therefore, the safety and wholesomeness of milk powders need not be jeopardized by lead contamination in the air.

Tests capable of detecting as little as .02 part of lead per million parts of milk solids were made for lead in the air and in milk before and after spray drying. The tests were also made in a few commercial samples of powdered milk. Samples of powdered milks made by three different manufacturers (selected at random from supermarket shelves) were also evaluated. These milks contained so little lead that the sensitive techniques used could hardly detect it. (This indicates that the air used in manufacturing the powders was either low in lead content initially or had been filtered).

## WHO'S DOING WHAT?

If you're involved in research you're frequently looking for information on current projects—right? That often presents a problem. In this wide world of information it is often difficult to pin-point special research areas or publications.

But—there is an answer. Ask CRIS, that is, the Current Research Information System, a computerized information system now in its second year with access to some 24,000 pieces of research of six USDA agencies, plus 53 State Agricultural Experiment Stations, and 25 other cooperating State institutions.

Information that is available includes the name of the people and institutions who did or are doing the research with a description of each project. CRIS was organized as a department service to meet the needs of Government agencies and affiliated institutions.

Information may be obtained from CRIS, Rm. 6818-S, USDA, Washington, D.C. 20250.



## SELF-HELP STARTS HERE

Thanksgiving dinner is a big event in four communities of Oregon State—it's one of the outstanding events of the year for all area senior citizens. Last year the idea to sponsor the holiday dinner, completely planned by volunteers, was the result of an all-out effort by a group of Oregonians in Lincoln County who became involved in a project to enhance the life of other senior citizens. Success in the first venture laid the groundwork for the program this year.

More than 750 dinners were served in the four communities of Lincoln City, Gleneden Beach, Toledo and Newport, Oregon. More than 50 trays were carried to shut-ins. The project was directed to help people of all ages to learn to work together for their community and its citizens.

Developed by the Oregon State University Extension Service in cooperation with the county board of commissioners and other county and community leaders and the U.S. Department of Agriculture, the program was dubbed "The Lincoln County Community Self-Help Program." Now in its fourth year, the program that originally started in Lincoln County (because of its high percentage of senior citizen population) is now well-accepted in many parts of the state.

When the program first started, a survey of the community was taken by volunteers to ascertain what was needed most by senior citizens. Transportation was the number one priority in terms of need. A bus was purchased and a route to pick up the senior citizens was planned. The bus currently carries about 200 passengers a month to their regular doctor visits and other engagements. Holiday meals—formerly spent in loneliness and with meager food budgets—now have become a source of anticipated pleasure. The Health Department organized and conducted a free diabetes detention clinic and a senior center house was remodeled and organized classes started.

Older people, all physically able, have volunteered to help those less fortunate. It's really a self-help program with action.

## PROTECTING PLANTS

. . .tender loving care

Train your plants to withstand cold weather—prepare them now! First, you should stop using nighttime lights so your plants will get natural, short days. This will permit the plants to go dormant for winter.

Don't fertilize them anymore—but continue to water your plants. Don't prune them because new growth will start and this soft wood is extremely sensitive to freezing. Leave your plants exposed to the first several frosts of fall—this is how they will develop winter hardiness. Soil temperature will be cold at night and warm in the day. Later in the fall, when the temperature of the soil goes down—and stays down—take steps to winterize your plants. Tops of plants must be protected from losing moisture.

To winterize your plants, mulch them with coarse peat moss, pine bark, cocoa hulls, pine needles, or coarsely ground leaves. Cover deciduous plants with black polyethylene sheeting to keep off direct sunlight. (Do not cover evergreen plants however, because they need sunlight in winter to keep their green color).

Move plants in containers to a shady location that is not windy and dig drainage furrows where water from snow or rain will not collect. Spray plants with antitransparent spray.

Some plants such as fuschias, roses, cannas, and dahlias, when dormant, let the soil dry out—turn containers on their sides in a dry cool place and cover the plants with moss, leaves or plastic covering until spring.

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### COMMENTS & INQUIRIES TO:

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